

- **Eat smart**

Choose a variety of foods, especially fruits and vegetables and whole grains.

- **Move more**

Get more physical activity, at least 30 minutes on most days.

- **Be tobacco free**

Avoid tobacco and secondhand smoke.

- **Get recommended health screenings**

Talk to your doctor about tests for high blood pressure, high cholesterol, diabetes, colorectal cancer and breast and cervical cancer for women.

- **Manage existing chronic disease**

Understand your health care needs and follow your doctor's advice. Be sure to take necessary medications to keep chronic diseases under control.